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½ kilo sugar	.23
Bread	.20
Coffee	.10
Drinking alcohol for parents	.30
Milling corn	.32
Total	8.00

Source of funds:
None

The amount earned by this family for the week was 97.95 pesos in cash and corn. The outgo was 48.60 for food, 33.00 to repay debts, and 24.03 for non-food items, leaving a deficit of 7.68. The hand-to-mouth, day-to-day existence, involving borrowing, receiving wages in advance, and buying food and necessities to last one day or so, is readily apparent from this record. Although approximately 50 per cent of the income is spent on food, the diet is monotonous and sparse, and conforms with our previous description of the diet of a poor family. During these seven days, the family ate no meat, no milk, no eggs, and no fruit. Wild greens were eaten in large quantities approximately every other day, but they have not been included in the record since they were gathered by the family and involved no expense. Corn makes up 69.8 per cent of the food expenditure and is eaten in large quantities.

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The irregularity of food consumption, depending upon the amount of cash on hand, is more apparent from a study of our full record. For example, in the week of August 4 to 11, three and one-half kilos of meat were purchased, but during the rest of the month almost no meat was bought. Also, when there is money or corn, the family eats 7½ *cuartillos* of corn, but when money is lacking, consumption goes down to three *cuartillos*. When there is no money, the mule is taken to pasture to save buying hay, and the turkeys and chickens are sold or left to fend for themselves. To save money, the mother and daughter sometimes grind corn on the *metate* instead of at the mill.

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Tepoztecans are very food conscious, as might be expected in view of the food situation we have described, and they show a keen interest in the eating habits of their relatives and neighbors. There is much gossip and criticism, often contradictory in nature, concerning the type of foods eaten by others and the amount spent on food. For example, the poor say, "The rich do not eat well because they are too stingy," or the poor are frankly envious of those who "eat better because they are rich." The better-to-do scornfully characterize the poor as eating only tortillas and salt, and those in the larger barrios contend that families in the small barrios of San Pedro and Los Reyes eat only two meals a day because they are "backward." Older or more conservative individuals criticize "modern" families for being presumptuous and unthrifty in eating too well, and the latter in turn accuse the former of ignorance concerning proper eating. Much of the talk about food reflects the changing standards of diet and the importance of food habits for social status. The interest in food and the critical attitude toward the eating habits of others may be a carry-over of the behavior which we have noted among children in the home.

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Children tend to be preoccupied with food. Food was a recurrent theme in all the psychological tests, and boys particularly seem to think and talk about food a good deal. In the written themes, boys and girls invariably mentioned that they liked their parents because they provided them with food and other necessities, that they liked certain relatives because they gave them good things to eat, and that they liked fiestas because then they could eat *mole*. Many said that the worst thing that had ever happened to them was when their mothers did not have money to make *mole* or some other favorite dish. Boys wrote that they wanted to marry someone who was a good cook, and the thing they liked best about their mothers was that they cooked well. Thematic apperception stories also contained a good deal about food.

Boys, more than girls, tend to be fussy about food, although they like the food that makes up the family daily fare and do not refuse to eat it. They are sensitive about the order in which they are served, the size of their portion, the way in which the food is cooked, and the manner in which it is given to them. Eldest sons or favorite sons easily become angry and sometimes throw down their food, plate and all, or refuse to eat. In this they follow the pattern of their fathers who do the same thing when they are angry.

Girls may cry quietly or throw their food to the animals if they are not pleased with what they are given, but most often they suppress their feelings. The tendency of mothers to serve larger portions and choicer food to their favorite child is a source of quarrels and resentment. Many mothers give more food to the younger children because "the others are already big and the little ones need it more." On the other hand, grown sons who work are given more food than children still in school. Some children complain that their mothers do not cook well, and we know of a few cases in which the mother neglects to prepare meals from time to time. Food is also withheld as a punishment. Taking food without permission is called stealing and is punished. Despite this, children frequently steal food, and some mothers say that they cannot leave even a bit of sugar without it disappearing. Children also now commonly beg for food or for centavos to buy candy or fruit.

Tepoztecans tend to be secretive about food. Women do not discuss with each other what their families are going to eat that day nor what they bought at the market. Market baskets are generally kept carefully covered from prying eyes. There is also some fear of food sorcery, and, except for fiesta meals, Tepoztecans prefer to eat within the safety of their own homes. One family, in which the young son attends school daily in Cuernavaca, complained that he must eat cold, stiff tortillas and cold beans for lunch. When asked why he doesn't eat at one of the many inexpensive restaurants the mother answered that it would be dangerous because someone might "put something in his food." Persons who have known enemies will generally not accept food from anyone outside their own household.

Tepoztecans, like most other Mexicans, believe that food can be classified into two types, hot and cold (which has no relationship to temperature), and that under certain conditions only one or the other type should be eaten. In general, cold foods

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are believed to cause diarrhea and to be less easily digested than hot foods, and are not given to very small children, to the ill, or to women who have just given birth. Illnesses are also classified as hot and cold types, and it is believed that only hot foods should be eaten with certain illnesses and cold foods with others.

Foods may be neutralized and made less dangerous by mixing certain hot foods with cold foods. For example, milk is not given to new mothers because it is "cold," but it may be taken in coffee, which is "hot." *Atoles* made of corn, a highly recommended food for the ill, have their cold qualities removed by adding brown sugar and cinnamon. *Mole* is cold but may safely be eaten if served with alcoholic drinks. The green tomato, which is eaten almost daily in Tepoztlán, is made harmless by being cooked with beef or served as a sauce with onion and chile, both of which are hot. Hot herbs such as *tequesquite* and *epazote* are often used to neutralize a cold food. Despite this elaboration, Tepoztecans, unlike the Maya, do not preoccupy themselves with this classification of food and do not follow any set rules of eating. Nor is there always agreement about what the rules are or how a food, particularly a new food, is to be classified. The following list of hot and cold foods is based on data from several informants and include only those foods on which there is substantial agreement.

Cold Foods

milk
eggs
cheese
cream
jitomate
rice
noodles
potatoes
all beans except black
lentils
mole verde
mole colorado
atoles made of corn
peanuts
jicama
white *zapote*
chick peas
watermelons
peaches
guayava
papaya
granadas
lettuce
radish
corn-on-the-cob
avocado
banana (*macho* and *manzana* type)
green chile
quince
carrot
prickly pear
nopal
chayote
lemon
lime
pipisacos
chilacayote
chipiles
quelites
quintoniles
papalo
lima beans
verdolaga
white sugar
bread
apple
pear
fish
frog
pigeon
deer
rabbit
boar
squirrel
chicken
veal
pork

Hot Foods

black beans
chile pasilla
coffee
epazote
banana (*guineo*)
melon
wine
tequila
pulque

1 In general, cold foods,

1 [The classification of food into "hot" and "cold" types has no relation to temperature, see below. – ANALYST]

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beef (bull or ox)	*chirimoya*	onion
cinnamon	honey	ice
orange	squash	ices
plums	garlic	ice cream
black *zapote*	*mamey*	oil
brown sugar	alcohol	all fats
tequesquite	acacia seed	

CLOTHING

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The old-style clothing is essentially Spanish in origin, with some admixture and adaptations from pre-Hispanic times. The old-style costume for women consists of a long dark-colored skirt (*enaguas de encima*), a white underskirt, (*enaguas de dentro*), a collarless undershirt (*camisa*), and a high-necked blouse (*blusa* or *saco*). The costume includes a half-apron (*delantal*) and a sash (*cenidor*). The *reboso* is also invariably worn. About three or four generations ago women still wore the dress of pre-Conquest times. This consisted of a *huipil*, or blouse, which was a large square of cloth worn poncho-like, by slipping it over the head through a slit in the center. It was worn in such a way that two corners fell over the shoulders, and the front and back corners were tucked into the skirt. The *huipil* differs markedly from the prudish high-necked, long-sleeved *blusa* which displaced it in that it was very loose covering and freely revealed the breasts. The ancient skirt (*cueitl*) was a rectangular cloth which was wrapped around the lower part of the body and held in place with a sash.

The old-style clothing for men consists of white cloth pants (*calzones*), long white cloth underdrawers, a white collarless undershirt (*camisa*), a white collarless overshirt, and a white cotton jacket. Leather huaraches and a straw sombrero complete the costume. (See Fig. 41.) The large, Zapata-type sombreros have given way to smaller-brimmed hats, since the advent of the bus and increased travel. The serape is an important article of clothing and is used for warmth and for protection against rain. The *gabán* is a poncho-like wool blanket and is now considered more old-fashioned than the serape.

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The pre-Conquest clothing worn by men differed considerably from that in the post-Conquest period, but has nevertheless had more influence on later styles than pre-Conquest women's dress.

The ancient costume of the male Aztecs, although modified according to the social position of the wearer, was composed of three principal garments, the *maxtlatl*, a belt or loincloth with the ends hanging down in front like an apron; the *tilmahtli*, a woven cape worn over the shoulders and knotted in front; and the *cactli*, sandals of leather or woven of *maguey* fiber. Of these three, the first has entirely disappeared, the second influenced the form and use of the modern *serape*, while the third remains little changed today.[10]

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Children's old-style clothes were reproductions of adult clothing and were worn almost as soon as a child began to walk. (See Fig. 42.)

[10] Redfield, *Tepoztlán*, p. 42.